



trust goes to show

Allergan, the makers of Juvéderm fillers, offers a step-by-step guide to ensure you get the most from your aesthetic consultation

Trust. Everything about the aesthetic decision-making process hinges on this one word. We may know we want to look younger, fresher, less tired, but... then what? We need to find someone we know will take care of us and listen to what we tell them. Trust – in a procedure, a practitioner, or a clinic, and above all in ourselves – is crucial because it demystifies an exciting but often complicated industry.

Ground-breaking company Allergan understands this, and is energetically pushing on with its mission to inform consumers and healthcare professionals on the importance of trust within medical aesthetics. They aim to illuminate the decision-making path, so that each individual can make an informed decision, reassured that they're making the right choices.

As the filler chosen by millions of people around the world, Juvéderm is one of these widely trusted skin solutions. As a Hyaluronic Acid (HA) filler – HA being a naturally-occurring sugar in the human body – it can reduce signs of ageing and improve overall skin quality by adding moisture back where it is needed. Juvéderm delivers lifting, smoothing and plumping with just one treatment, to create the lasting, natural-looking results that everyone wants.

If you've been wondering about facial fillers such as Juvéderm, the next step is a conversation with an expert medical aesthetics practitioner:

1 UNDERSTAND THE PROCEDURE BEING CONSIDERED

Know what look you want to achieve. Less tired? More youthful? More relaxed? Read about the procedures from reputable sources. The Juvéderm range can contour cheeks for more definition, refresh the eye area, redefine the chin

and jawline, add volume to the lips – all with a natural look and feel.

2 FIND A QUALIFIED, TRAINED MEDICAL PRACTITIONER

Read trusted reviews about that practitioner and clinic – Save Face and RealSelf are both reliable sources based on the first-hand feedback of real patients. Juvéderm's clinic locator (juvederm.co.uk) can help you find a starting point – perhaps an open evening, or a chat with women who have had the treatment you're considering.

3 UNDERSTAND WHAT MAKES A GOOD CONSULTATION

A consultation shouldn't be rushed, and should include a verbal and physical assessment. Take along a list of questions, and don't feel shy about asking them. Ensure you're happy with all the answers before going ahead with any treatment. Find out what follow-up support is provided post-treatment, such as Juvéderm's aftercare. Remember: a consultation is about you deciding whether facial treatment is right for you.

4 BE CONFIDENT IN SPEAKING YOUR MIND

Don't be afraid to ask questions and seek clarification for peace of mind. Seek a second opinion if you need to. Ask what product your practitioner is recommending so you can research it, and ask your consultant if your request is realistic. As Allergan say, it's all about trust.

5 CHEAPER IS NOT ALWAYS BETTER

There are many non-medical clinics offering medical aesthetics procedures, and price is only one of the multitude of factors

Dr Tapan Patel

Founder of PHI Clinic



'On your fact-finding mission, make sure you're making an informed choice.

Don't be swayed by incentives or act on the spur of the moment. Identify the areas that concern you and talk through the options with a practitioner who listens to you. Take time for reflection. Judge value not by price, but by the professionalism of the consultation.' phiclinic.com

involved in choosing which to go for. Your choice should be based on a practitioner and a clinic you trust – yes, that word again. It really does matter.

JUVÉDERM CLINIC LOCATOR

The only way to truly know if fillers are right for you is to have a conversation with an expert. A consultation isn't a commitment; it's just the first step towards learning more about what treatments are on offer. For more information, and to locate your nearest clinic, please visit juvederm.co.uk

Miss Sherina Balaratnam

S-Thetics clinic, Beaconsfield



'A consultation is the foundation of your aesthetic journey. Consider why you want a treatment and how you wish to feel after.

Ask to see before and after photographs to give you an idea of a realistic result. Ask how long they have been using these products for and its safety profile. Are there any side effects? Finding a qualified practitioner is vital to ensuring a safe treatment. Make sure you ask your practitioner about their qualifications. Prior to treatment, ensure you will have access to aftercare support. This will allow you a more relaxed treatment journey, with your practitioner on hand to address any queries that you may have.' sthetics.co.uk

Please visit juvederm.co.uk.

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